

## Experiences Related to Sleep and Dreams

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

After listening to a *Hemi-Sync* tape (no matter which one) before sleep, I wake up in the morning at 7:00 a.m., fresh and energetic, without help from my alarm clock. During my daily activities I am much more balanced and rarely get angry over trifles as I did before.

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My father has been able to sleep only with the aid of pills for the last several years. One evening he listened to *Sound Sleeper* and never returned from his bedroom to watch the TV program he had wanted to see. He was fast asleep. He listened to it another night, again sleeping. Since then he's slept even without listening to the tape.

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Listening to *Hemi-Sync* has had a strong influence on my sleep. It no longer includes echoes of strain and worry related to my job, and seems to be deeper, fuller, more restful. I'm remembering my dreams now, which are in color and very real.

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An M.D. reports about an obese man in his 50s who wanted help in improving his sleep. He had some degree of sleep apnea and had to sleep on his side. He felt chronically tired and "fuzzy." I loaned him the sleep tape from the *Positive Immunity Program* album for overnight use. He reported feeling restless all night," but it had a "spectacular effect," resulting in greatly improved clarity the next day.

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Not once have I managed to stay awake for the whole of *Guide to Serenity*, even when I have tried. No matter what has happened during the day, all I need do is play that tape and breathe deeply, and before I know it, the morning is here.

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Twelve flight attendants on international flights participated in a survey about the use of the *Hemi-Sync Catnapper* tape in combating fatigue and jet lag. All reported, "I experience less fatigue on duty after listening to the tape," and recommend its use by flight attendants. Other comments include, "I sleep much better when I'm on layovers now." "I used to find myself too wired and too tired to sleep, I was able to relax, and I also used it to nap before my all-night flight." "Each time I listened to the tape I felt more relaxed and rested. Before, I tossed and turned and was waking up every hour." "When I was having problems overseas due to over-exhaustion, the tape released the tensed-up state that prohibits relaxing sleep."

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The doctor, in addition to using tapes for patients with sleep disturbances, reported that, "When I use *Hemi-Sync* at the end of a long day, the effect is one of feeling greatly rested and refreshed,

and allows me to experience much increased efficiency and alertness for extended evenings of work.”

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One of my best results was with a client who is vice president of a nation-wide chain, who reported a severe case of insomnia. This has gone on most of his life. He was extremely high strung, restless, etc. I had him use H+ *Relax, Restorative Sleep, and Options*. After 3 weeks he reported that for the first time in his life he is sleeping very well. When I saw him, he was much more relaxed, calm, and not so restless.

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For the past four months, few days have passed without my calling on H+ *Recharge* for a “boost in operating voltage.” For me it works best to sit in a comfortable chair, arrange not to be disturbed for about 20 minutes, close my eyes, and activate the *Recharge* Function. Usually I think of the length of charging period I think I need. This might be from 5 - 15 minutes for the catnap period plus about 5 minutes at the beginning and at the end. I drift into sleep and wake up feeling refreshed and ready to go. It is entirely different from the groggy feeling I can associate so clearly with the aftermath of an old man’s nap.

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I am a devoted fan of *Catnapper*. I’m a person who is on the move and most often don’t get the sleep I need at night. I use *Catnapper* almost daily between my running around, and it helps me keep my senses sharp.

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The *Metamusic* tapes have virtually the same effect. Upon listening I become deeply relaxed and sleep very soundly, which seems unusual as I have always suffered from insomnia. Further, my recall of dreams improved tenfold and the actual dreams seem longer and more frequent.

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From the moment I used *Sound Sleeper* and other *Hemi-Sync* sleep tapes, I have recovered normal sleep after years of white nights.

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A hospice worker reported her hesitance to recommend *Restorative Sleep* to her client, an extremely macho policeman whose heart condition and gall bladder disease left him unable to sleep. Only after his distressed wife confided that the patient’s increasing irritability was becoming impossible for her to cope with did the hospice visitor overcome her reluctance and leave the *Hemi-Sync* tape with them. The wife answered her phone call three days later. “He loves it!” she said. “He’d tell you himself, except he’s asleep now. And I love it too!”

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*Catnapper* is great to bring along on business trips. I use it after a long day, before dinner, and I’m rejuvenated for the evening. It’s especially good to have with me when I go to conventions and conferences. The depth of relaxation it brings about in a short time is astounding.

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A prisoner in a state penitentiary reports: I thought it would take far longer than it has to see any results from these tapes. My sleep problems have been a nightmare for so long, it's hard to believe that something so simple can be so helpful. *Catnapper* was a real blessing. I'm not really sure if I actually nap or not, but at the end of the tape I do feel rested and refreshed. In a place like this, it's like a miracle. To get the effect of *Super Sleep* I had to reset the equalizer a little bit. Now only on my worst nights am I sleepless.

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I listened to *Catnapper* on my flight home over the Atlantic. On the third or fourth cycle I stopped the tape in the middle and had the best sleep I've ever had on an airplane.

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My psychologist husband and I have listened to *Inner Journey* several times before we go to sleep. He experiences pleasant visualizations and notices a difference in the soundness of his sleep. *Metamusic* tapes have affected my well-being in a subtle and positive way. I notice that the images in my dreams seem to be more vivid and clear. Colors stand out, even if I don't recall the dream. Since listening to *Hemi-Sync*, two messages in my dreams were clear to me on a conscious level, whereas before, the messages may have been more obscure, requiring interpretation.

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I was telling a friend about how *Hemi-Sync* sleep tapes have seemed to stop the bad dreams that often woke me and help me sleep through the night. They calm me down and enable me to get badly needed rest. To my friend's question, "What's on the other side of the tape?" I answered, "What other side? I'm asleep before the first side is finished."

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Report from an MD: "I'd been treating an obese patient for sleep apnea. My first suggestion was that he try sleeping on his side, but after a few nights, he complained that he awoke feeling tired and fuzzy. Then, I loaned him the *Restorative Sleep* tape. This seems to work very well for him, as he reported it had a spectacular effect, and he felt much clarity the next day."

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I've been a chronic insomniac for many years, but since using *Sound Sleeper* and other *Hemi-Sync* tapes, that problem has become a thing of the past!

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Our nine-year-old developed bronchitis and a touch of pneumonia. She was so uncomfortable and restless that she couldn't sleep. As I played *Energy Walk* for her, she went from being restless and frustrated to lying perfectly still, eyes closed, smiling, relaxed. "This is wonderful, mom. It's so beautiful. I feel so good," Then she drifted off into sleep.

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*Super Sleep*, played continually throughout the night with an auto-reverse player, was highly successful in modifying a 3-year-old's disturbed sleeping behavior and helping him sleep through the night. Additionally, the child worked harder and more persistently at tasks, spoke more clearly,

and accepted correction of his speech more readily, listened better, and was less easily frustrated, started to enjoy books and to sit still for stories to be read to him.

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